

Paleo Vegetable Chili

Adapted from Laura Fuentes of Laurafuentes.com

I was looking for a chili recipe that did not contain legumes. Why not substitute vegetables for beans? This combination of vegetables and spices makes for the perfect consistency and provides a wide variety of micronutrients. The pastured meat provides a good source of fat and protein.

Ingredients

Yield: 6-8 servings

Total Time: 15 minutes

- 1½ pounds grass fed ground beef or buffalo or pastured pork sausage
- 2 cloves garlic, chopped
- 2 tablespoons Grass fed butter (Kerrygold)
- 1½ cups onion, diced, about 1 large onion
- ½ cup chopped celery, about 1 stalk
- 1½ cups carrots, peeled and diced, about 4 medium carrots
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon cacao
- 1 teaspoon oregano
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 4 cups zucchinis, diced, about 2-3 medium zucchinis
- 1 15-ounce can tomato puree or tomato sauce
- 1 15-ounce can diced tomatoes



INSTRUCTIONS:

- 1 In your seasoned skillet or 5-6 quart large cast iron pot, brown beef and garlic. Cook over medium heat until beef is thoroughly cooked and browned. Drain off excess fat, set aside.
- 2 Add oil, onions, celery, carrots, and seasonings to the skillet and cook until translucent over medium high heat, about 5-7 minutes. Once onions are golden and veggies are midway cooked, add zucchini and cook for 2 minutes, making sure you stir everything well.
- 3 Add cooked beef, tomato puree/sauce, and tomatoes into the pot and stir well. Bring everything to a boil, stirring frequently, reduce heat and simmer for 20 minutes.
- 4 Check on chili every so often and stir. Add water or tomato sauce as necessary. Serve immediately.

Cabbage Soup

This is an original for me. A great hearty wintertime soup.

The bone broth is the foundation of this soup which provides a full amino acid profile great for digestion, weight loss and gut healing. This meal has a high fat content and high percentages of Vitamin A, potassium, calcium, phosphorus and a host of B vitamins provide a nutritious and filling meal. The coconut aminos provide 17 amino acids.

Serves: 4

Hands-on Time: 20 minutes

Total Time: 6-8 hrs for broth cooking

Serves 4

Ingredients

1 lb meaty ham hocks (pastured)
1/2 head green cabbage
1 zucchini squash chopped
2 Tbs organic Tomato Paste
3 cloves chopped garlic
6 chopped green onions
1 tsp. paprika,
2 oz coconut aminos
1/4 cup apple cider vinegar
salt and pepper to taste



INSTRUCTIONS:

Brown ham hocks in 1 tbs of coconut oil or ghee.

Add 6 cups of filtered water and apple cider vinegar

Bring to a boil then lower to simmer for 6-8 hrs

Add vegetables and seasonings

Bring back to a boil then lower to simmer for 30 minutes

Remove all bones with a slotted spoon

serve with organic sour creme and sprinkle with cayenne pepper

Lemon Butter Chicken

**recipe adapted from damndelicious.net

This is a healthy high-fat comfort food that will provide satiety for long periods. The chicken fat makes for a high omega 6/3 ratio so using free range or pastured chicken source will help to offset this imbalance.

Ingredients

Prep Time 10 minutes

Cook Time 40 minutes

Total Time 50 minutes

Yield 8 servings

Ingredients (try and use organic if possible)

8 bone-in, skin-on chicken thighs or 16 oz grass fed ground beef

1 tablespoon smoked paprika

Himalayan pink sea salt and freshly ground black pepper, to taste

3 tablespoons unsalted butter, divided

3 cloves garlic, minced

1 cup chicken broth

1/2 cup heavy cream

1/4 cup freshly grated Parmesan

Juice of 1 lemon

1 teaspoon dried thyme

2 cups baby spinach or swiss chard, chopped



Instructions

Preheat oven to 400 degrees F.

Season chicken thighs with paprika, salt and pepper, to taste.

Melt 2 tablespoons butter in a large oven-proof skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; drain excess fat and set aside.

Melt remaining tablespoon butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Stir in chicken broth, heavy cream, Parmesan, lemon juice and thyme.

Bring to a boil; reduce heat, stir in spinach, and simmer until the spinach has wilted and the sauce has slightly thickened, about 3-5 minutes. Return chicken to the skillet.

Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes.

Serve immediately.

Calories 277.5

Calories from Fat 204.3

Total Fat 22.7g

Saturated Fat 10.0g

Trans Fat 0.2g

Cholesterol 94.7mg

Sodium 125.4mg

Total Carbohydrate 2.6g

Dietary Fiber 0.6g

Sugars 0.4g

Protein 15.9g

Resources:

Bauman, E. (2015). *Therapeutic nutrition textbook, NC206*. Penngrove, CA: Bauman College.

Murray, M. (2005). *The encyclopedia of healing foods*. New York: Atria Books.

Love Food (2009) 100 Best Health Foods, United Kingdom, Paragon Books, Ltd.

Campbell-McBride (2010). *GAPS - Gut and Psychology Syndrome*. United Kingdom:

Medinform Publishing

Almond Flour Grits

Adapted from verywell.com

This low carb dish has it all, low carb, high fat, good ratio of omega 3 and 6, quick and simple.

Ingredients:

2 cup Water
1/2 tsp. Sea salt
3 tablespoon Irish butter, salted (Kerrygold)
2 cups blanched almond flour

Directions:

Bring water to a slow boil and add almond meal and salt.

Continue to simmer until mixture starts to thicken.

Once at desired thickness, remove from heat and add butter and stir.

This is such a versatile dish.

Serve as a substitute for grits with bacon and eggs

Sprinkle with grated parmesan cheese while hot

Can be seasoned as a savory dish or sweetened as a breakfast food.

Each serving contains: 24g of carbs, 24g of protein and 65g of fat.

